

THIRTY-SECOND SUNDAY IN ORDINARY TIME
S A I N T T H E R E S A P A R I S H
ARCHDIOCESE OF GALVESTON—HOUSTON



SAINT THERESA CATHOLIC CHURCH
705 SAINT THERESA BOULEVARD & SUGAR LAND, TEXAS 77498 & 281-494-1156
WWW.SUGARLANDCATHOLIC.COM

**WEEKDAY MASS SCHEDULE
MISA ENTRE SEMANA**

Monday—Friday

6:45 a.m., 8:30 a.m.

Tuesday & Thursday

5:30 p.m.

Miércoles

7:00 p.m. (español)

Monday & Friday

(Extraordinary Form)

5:30 p.m.

CONFSSION • CONFESIONES

Saturday • Sábado

3:15 p.m. – 4:15 p.m.

Sunday • Domingo

4:00 p.m. – 4:45 p.m.

Weekdays • Entre Semana

Monday-Friday:
after each Morning Mass

Tuesday & Thursday

at 6:00 p.m.

Miércoles a las 6:00 p.m. (español)

**WEEKEND MASSES
MISAS DEL FIN DE SEMANA**

SATURDAY • SÁBADO

8:30 a.m.

5:00 p.m. (anticipatory
Sunday Mass)

SUNDAY • DOMINGO

6:30 a.m., 8:00 a.m. (español),

10:00 a.m., Noon,

2:00 p.m. (español),

5:00 p.m. (Latin,

Extraordinary Form-Novus Ordo)

On the cover:

Maerten de Vos.

The poor widow.

1602, oil on panel.

Royal Museum of Fine Arts Antwerp,
Antwerp, Belgium.

**The Spiritual Doctrine of Fr. Louis Lallement,
Chapter 2 Article II.**

Clement of Alexandria calls the passions the devil's characters; as if the devil, by means of our sins and evil habits, our disorderly affections arid passions, imprinted his mark upon us. He alludes to the imperial badge worn by soldiers, which St. Augustine calls the "character of malice."

So long as we are in subjection to passions, we are the slaves of Satan, who makes them act at will, pretty much as the performer does the notes of the organ on which he presses. To this end he excites the humors of the body and the phantoms of the imagination. He awakens the remembrance of certain objects, and represents the image of them before the mind in such manner as he knows is calculated to arouse the passion which he desires to put in action; and unless we are on our guard, he generally succeeds in his design. Often he is permitted to irritate the humors of our body in such a way, that we become disagreeable to others as well as to ourselves.

The imperfect are now joyful, now sad, according as their passions are calm or disturbed; for sadness and anxiety arise solely from the affections, which, when unmortified, produce these alternations of peace and disquietude.

They who aspire to perfection find the tyranny of the passions intolerable, and endeavor to free themselves therefrom by laboring constantly to mortify them. But worldly people, who live in a state of perpetual slavery, do not even sigh after liberty. They love their chains, and, as Job says, "they find their delight among the briars and thorns that lacerate them."

Concupiscence and the passions insensibly extinguish the infused and supernatural lights of the understanding, so that in the end they succeed in stifling them entirely. Hence it is that we see minds of a high order extremely blind nevertheless in spiritual things. A man enjoys, strong sight, but it does not therefore follow that he has a strong mind; the two faculties are quite distinct. Such as are led by passion to make a profession of heresy (as was done by a certain German prince to pique Charles V) are at the beginning heretics only by humor and passion, retaining in their soul a conviction opposed to the errors of the false religion which outwardly they profess. But in course of time, as passion strengthens and sins multiply, all that remained of the light of faith is lost, the understanding is darkened, and they become altogether heretics.

Thus, in matters which concern perfection, all disorders commence by means of a passion or irregular affection for some object. Little by little it corrupts the understanding, and this again at last lets itself be so won over as no longer to pronounce judgment save in favour of that passion which has possession of us.

We contemplate some object, an employment, for example, which we think would suit us, or which would give us a distinguished position. Passion is aroused; we love, we desire this employment. At first the understanding, illuminated by the lights of grace, resists the desire, and condemns it; but passion growing stronger, and the lights of grace being gradually extinguished, the understanding no longer makes any resistance. It yields to the disorderly inclinations of the will; it approves them; it discovers reasons to justify them; and, corrupted by the will, it helps in its turn to corrupt it, proposing to it false maxims in order to sanction its irregularities.

Donation of Altar
Arrangement
November 7, 2021

In Memory of
Sylvester Osifo



*In remembrance of a loved one,
a donation toward an Altar
arrangement is a lovely gesture.*

Please call the parish office
for more details: 281-494-1156

DEACON FRANK CROMER MEN'S PRAYER BREAKFAST



Join the men of St. Theresa at
the monthly "Breakfast and
Prayer before Business"

Wednesday, November 10th
6:45 a.m. to 7:45 a.m.
Family Life Center, Room B.

Continental breakfast and
sharing the Word among
friends. It's inspirational
and interesting. There's no
need to call; simply show
up and bring a friend.

**Find a Mass
anywhere in the
world with**



masstimes.org

"Come to me all of you." -Matthew 11:28

La Doctrina Espiritual del P. Louis Lallement, Capítulo 2 Artículo II.

Clemente de Alejandría llama a las pasiones los personajes del diablo; como si el diablo, por medio de nuestros pecados y malas costumbres, nuestros afectos desordenados y pasiones, nos imprimiera su huella. Alude a la insignia imperial que llevan los soldados, que San Agustín llama "carácter de malicia".

Mientras estemos sujetos a las pasiones, somos esclavos de Satanás, que las hace actuar a voluntad, de manera muy similar a como el intérprete hace las notas del órgano en el que presiona. Con este fin excita los humores del cuerpo y los fantasmas de la imaginación. Despierta el recuerdo de ciertos objetos y representa la imagen de ellos ante la mente de la manera que sabe que está calculada para despertar la pasión que desea poner en acción; y a menos que estemos en guardia, generalmente tiene éxito en su diseño. A menudo, se le permite irritar los humores de nuestro cuerpo de tal manera que nos volvemos desagradables tanto para los demás como para nosotros mismos. ...

El imperfecto está ahora alegre, ahora triste, según se calmen o turben sus pasiones; pues la tristeza y la angustia surgen únicamente de los afectos que, cuando no se mueren, producen estas alternancias de paz e inquietud.

Quienes aspiran a la perfección encuentran intolerable la tiranía de las pasiones y se esfuerzan por liberarse de ella, esforzándose constantemente para mortificarlas. Pero la gente del mundo, que vive en un estado de esclavitud perpetua, ni siquiera suspira por la libertad. Aman sus cadenas y, como dice Job, "encuentran su deleite entre los cardos y los espinos que los laceran".

La concupiscencia y las pasiones apagan insensiblemente las luces infundidas y sobrenaturales del entendimiento, de modo que al final logran sofocarlas por completo. De ahí que, sin embargo, veamos mentes de alto nivel extremadamente ciegas en las cosas espirituales. Un hombre disfruta de una vista fuerte, pero por lo tanto no se sigue que tenga una mente fuerte; las dos facultades son bastante distintas. Los que son llevados por la pasión a hacer profesión de herejía (como hizo un cierto príncipe alemán para picar a Carlos V) son al principio herejes sólo por el humor y la pasión, conservando en su alma una convicción opuesta a los errores de la falsa religión que exteriormente profesan. Pero con el transcurso del tiempo, a medida que la pasión se fortalece y los pecados se multiplican, todo lo que quedaba de la luz de la fe se pierde, el entendimiento se oscurece y se vuelven completamente herejes.

Así, en los asuntos que conciernen a la perfección, todos los desórdenes comienzan por una pasión o afecto irregular por algún objeto. Poco a poco corrompe el entendimiento, y éste al fin se deja conquistar de tal manera que ya no se pronuncia más que en favor de esa pasión que se ha apoderado de nosotros.

Contemplamos algún objeto, un empleo, por ejemplo, que pensamos que nos conviene, o que nos daría un puesto distinguido. Se despierta la pasión; amamos, deseamos este empleo. Al principio, el entendimiento, iluminado por las luces de la gracia, resiste el deseo y lo condena; pero la pasión se hace más fuerte y las luces de la gracia se apagan gradualmente, el entendimiento ya no presenta resistencia. Cede a las inclinaciones desordenadas de la voluntad; los aprueba; descubre razones para justificarlas; y, corrompido por la voluntad, ayuda a su vez a corromperlo, proponiéndole máximas falsas para sancionar sus irregularidades.

Mas anuncios en español, pagina 8....

MASS INTENTIONS AND OFFERTORY

MASS SCHEDULE

Monday, November 8, 2021

Weekday in Ordinary Time

- 6:45 a.m. ✕ Adelaide Traverso
 8:30 a.m. Maria Ester Medina
 5:30 p.m. Robin Wiles

Tuesday, November 9

The Dedication of St. John Lateran

- 6:45 a.m. ✕ Charles Bubela
 8:30 a.m. ✕ Joe Salek
 5:30 p.m. ✕ Bertilda Castillo

Wednesday, November 10

St. Leo the Great

- 6:45 a.m. ✕ Oscar Luera & Tim Kana
 8:30 a.m. ✕ Mario Dulyunan
 7:00 p.m. ✕ German & Gloria Portillo Mejia

Thursday, November 11

St. Martin of Tours

- 6:45 a.m. ✕ Peggy Hopper
 8:30 a.m. ✕ Theodore Jovellanos
 5:30 p.m. Julia Garcia

Friday, November 12

St. Josaphat

- 6:45 a.m. ✕ Jake Luspo
 8:30 a.m. ✕ Sylvester Osifo
 5:30 p.m. ✕ Jeremy Zapalac

Saturday, November 13

St. Frances Xavier

- 8:30 a.m. Daniel Family
 5:00 p.m. ✕ Lynne Anne & Louis Joseph Menesse

Sunday, November 14

Thirty-Third Sunday in Ordinary Time

- 6:30 a.m. Rita Children
 8:00 a.m. Manuela Pliego Family
 10:00 a.m. Parish Family
 12:00 p.m. ✕ Abigail Okonkwo
 2:00 p.m. ✕ Maximiliano Arias & Francisca Linares
 5:00 p.m. ✕ Ronald & Donald George

One may request celebrant Mass intentions through our website ("contact us") or by visiting the parish office during regular business hours. Mass intentions are available two (2) months in advance only.

Saint Theresa Catholic Church

Offertory Comparisons
Weekly Offertory Goal \$41,901

Week	Offertory	Online	Total
April 26 - May 2	\$28,070	\$16,726	\$44,796
May 3 - May 9	\$23,401	\$11,517	\$34,918
May 10 - May 16	\$19,659	\$11,071	\$30,730
May 17 - May 23	\$22,197	\$12,740	\$34,936
May 24 - May 30	\$28,132	\$12,072	\$40,204
May 31 - June 6	\$22,133	\$14,198	\$36,330
June 7 - June 13	\$22,343	\$10,499	\$32,842
June 14 - June 20	\$24,666	\$11,946	\$36,612
June 21 - June 27	\$20,575	\$11,152	\$31,727
June 28 - July 4	\$25,660	\$20,354	\$46,013
July 5 - July 11	\$25,262	\$10,724	\$35,985
July 12 - July 18	\$23,034	\$10,936	\$33,970
July 19 - July 25	\$26,678	\$10,404	\$37,081
July 26 - August 1	\$22,793	\$7,123	\$29,916
August 2 - August 8	\$25,697	\$21,054	\$46,751
August 9 - August 15	\$20,164	\$10,688	\$30,852
August 16 - August 22	\$21,304	\$10,259	\$31,562
August 23 - August 29	\$27,424	\$11,176	\$38,600
August 30 - September 5	\$19,495	\$15,966	\$35,456
September 6 - September 12	\$24,947	\$9,525	\$34,472
September 13 - September 19	\$22,385	\$11,098	\$33,483
September 20 - September 26	\$26,628	\$9,196	\$35,824
September 27 - October 3	\$27,505	\$16,728	\$44,233
October 4 - October 10	\$25,843	\$10,625	\$36,468
October 11 - October 17	\$20,583	\$10,601	\$31,184
October 18 - October 24	\$23,433	\$8,647	\$32,080
October 25 - October 31	\$24,583	\$11,249	\$35,832

PARISH CAPITAL CAMPAIGN 2017

Totals as of October 31, 2021

910 Participants

Pledged \$3,231,249
 Payments \$2,580,629
 Adjustments \$3,000
 Balance of Pledges \$647,619

Our 2017 Capitol Campaign has ended.
 Current open pledges are still being received. Thank you all for your generous commitment to this important parish campaign.

Current Parish Debt: \$2,004,666

DIOCESAN SERVICES FUND 2021

Totals as of October 31, 2021

Goal	\$ 200,000
Payments	\$ 159,681
Balance	\$ 40,319

645 Participants

PREPARACIÓN PARA BAUTISMO INFANTIL

Les felicitamos por el nacimiento de su hijo/hija!
Por favor llamen a la oficina para inscribirse al
281-494-1156 ext. 228.

PREPARACIÓN PARA EL MATRIMONIO

Las personas que deseen contraer matrimonio aquí en la Iglesia de Santa Teresa son invitados a asistir a una entrevista de preparación matrimonial. Esto es obligatorio para comenzar el proceso de preparación. Es para las parejas que no están casadas y para las parejas que están casadas civilmente o que viven juntos. Por favor pre inscríbase llamando al **281-494-1156**. El seminario se ofrece cada otro mes, el segundo jueves a las 7:00 p.m. **El próximo seminario es el Jueves 11 de Noviembre** en el Salón FLC-A.

INSCRIPCIÓN EN LA PARROQUIA

Solicitamos amablemente que todas las familias de nuestra parroquia estén registradas antes de registrarse para CCE o clases de preparación sacramental. Los formularios de registro y cambio están disponibles en el vestíbulo de la iglesia y en la oficina parroquial. Para actualizar la información en la parroquia, llame a la oficina parroquial de 8:00 a.m. a 5:00 p.m. Lunes a Viernes.



RITO DE INICIACION CRISTIANA PARA ADULTOS (RICA)

**¿Está Dios llamándote a hacer algo más?
¡Ven y explora la Iglesia Católica!**

Si tienes 17 años de edad o más y no has sido bautizado, o has sido bautizado en otra comunidad de fe, o bautizado Católico pero que nunca has recibido la Primera Comunión, entonces RICA es para ti!

La próxima reunión de Iniciación será el **Domingo 7 de Noviembre del 2021** de 10:00 am a 12:00 pm en el salón B1/7. Estos encuentros informales están estructurados para responder a tus preguntas acerca de la Iglesia católica.

Póngase en contacto con: Elsa Galindo al **281-494-1156**

Si usted, su hijo o alguien a quien usted conoce, tiene entre 7 y 16 años de edad, no haya sido bautizado o ha sido bautizado en otra comunidad de fe, tenemos el proceso de RICA propio para cada grupo de diferentes edades. Las sesiones de Iniciación son todos los miércoles a las 6:30 pm. Por favor haga una cita en la oficina al teléfono 281-494-1156 para Registrar su Familia y los Niños antes de atender la primera sesión.

BAPTISM PREPARATION FOR INFANTS

We congratulate you on your birth of your child!
Please call the office to register at
281-494-1156 ext. 228

PRE-MARRIAGE SEMINAR

This pre-marriage seminar is to commence the marriage preparation for all couples who wish to be married within St. Theresa's Catholic community. It is held on the second Tuesday of every other month at 7:00 pm. It provides an opportunity for couples to learn about the Catholic Church's theology of matrimony and begin the process to properly receive this great sacrament of the Church. Couples will learn details of how to plan and prepare for their wedding day and matrimony thereafter. Please pre-register by calling **281-494-1156**. The next seminar will be **Tuesday, December 14, 2021**. For more information please contact Deacon James Anderson at 281-224-9986.

PARISH REGISTRATION

We kindly request that all families of our parish be registered before registering for CCE or sacramental preparation classes. Registration and change forms are available in the vestibule of the church and in the parish office. To update your parish information, please call the parish office from 8:00 a.m. - 5:00 p.m. Monday - Friday.



It is always a good time to explore the Catholic faith, even in a pandemic!

If you are seventeen years of age or older and are: unbaptized, baptized in another faith community, or a baptized Catholic who has never received your First Holy Communion, then the Rite of Christian Initiation for Adults (RCIA) is for you!

Because of the **COVID 19 pandemic**, we are unable to gather in person, yet we know the call of the Holy Spirit does not stop. If you are interested in growing in your relationship with Jesus Christ or just have some questions about God and the Catholic Church, we are here to walk with you. Contact Kelsey Pena at (281) 494-1156 ext. 222 or by e-mail: kelsey.pena@sugarlandcatholic.com.

If you, your child or someone you know is between the ages of seven and sixteen, not baptized or baptized in another faith community, we have an RCIA process suited to your age group. Please contact Paul Stoessel at e-mail [\(paul@sugarlandcatholic.com\)](mailto:paul@sugarlandcatholic.com) prior to attending your first session.



SAINT THERESA CATHOLIC SCHOOL

www.sttheresacatholicschool.org

- THE GRIFFIN NEWS -



Save The Date

for Saint Theresa Catholic School
Christmas Gala
Saturday December 4th, 2021
The event Begins at 6:00 PM
Childcare Provided with Advance
Registration

Yes! I want to Advertise

Enjoy color advertisement of your Business or express your love to your St. Theresa Catholic school student in a full-color advertisement in our Gala Brochure.

- \$200 Full Page Color Ad (~8.5"x11")
- \$100 Half Page Ad (~ 8.5"x5.5")
- \$75 Quarter Page Ad (~4"x5")
- \$50 Business Card Size Ad (2"x3")

Ads must arrive by NOVEMBER 19th to guarantee placement in Gala Brochure. Please email artwork to tgoldak@sttheresacatholicschool.org



Celebrate your Family or Business with a Gala Program Advertisement

STCS STUDENT COUNCIL

After a very close election on Friday, October 29, the Saint Theresa Student Body chose new officers and class representatives for the 2021-2022 school year.



2021-2022 Student Council Officers

President: Chimkasi Ezike

Vice-President: Hanna Traslosheros Abascal

Secretary: Nikita Dementyev

2021-2022 Class Representatives

4th Grade: Gemma Castillo & Kayleigh Maglaqui

6th Grade: Thomas Hayes & Anthony Schroer

5th Grade: Sarah Court & Justin Arayath

7th Grade: Jaron Brillantes & Carys Evans

8th Grade: Catherine Schulz

November Traditional Latin Masses

St. Theresa

Tuesday November
2nd @ 7pm

All Souls Day

Friday November
19th @ 5:30pm

St. Elizabeth of Hungry

St. Bart's

Friday November
5th @ 7pm
1st Friday

Monday November
22nd @ 7pm
St. Cecilia

705 St Theresa Blvd
Sugar Land, TX 77498

11th St
Katy, TX 77493



Knights of Columbus

“Keep Christ in Christmas” Poster Contest

Open to all students ages 5-14

\$50.00 - award for first place winners in each age group.
Age Groups: 5-7; 8-10; 11-14

Winning posters will be forwarded to the next level of competition. First-place posters, in each age group, that advance all the way to the **International Level** will receive:

\$250.00 - for First Place

\$100.00 - for the two runners-up

All Posters are due by December 1, 2021

For more detailed information and entry form, go to
www.KC4204.org or contact Sam Gonzalez at
 281-980-8762, email: GonzalezSam29@gmail.com

Franciscanos de María



Padre Santiago Martín, fundador de los Franciscanos de María, dará unas charlas en la parroquia de Santa Theresa, Centro Comunitario, Noviembre 13 de las 2:00 p.m. - 6:00 p.m.
 Inscripciones a esta dirección:
Fdmmda21hou@gmail.com

SOCKS, GLOVES & COATS DRIVE



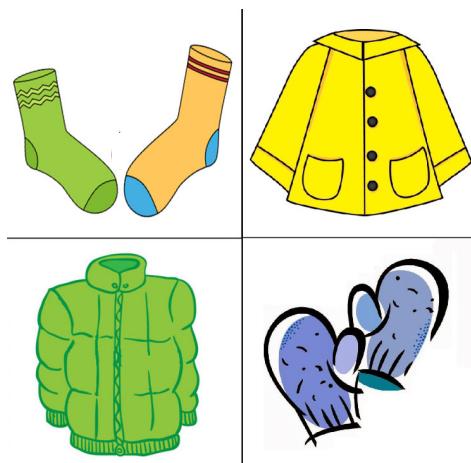
Sponsored by Catholic Daughters of the Americas Court St. Theresa of Lisieux, 2211 Knights of Columbus 4204

Donations may be dropped off in front of St. Theresa Church after all Masses
November 13 & 14, 2021

Socks, gloves and coats may be for women, children and men of all sizes.

Donations will be given to
Fort Bend Women's Center and
The Casa Center - Fort Bend Children's Advocacy

For information contact
 Duchess Collins at 832-567-6065 or
 Gary Blanchette, GK, at 281-389-9672





HOW TO GO TO CONFESSION

In order to make a good confession, we first examine our conscience, asking God's help that we might know our sins and repent of them.

Rite of Reconciliation

Priest: In the name of the Father and of the Son and of the Holy Spirit.

Penitent: Amen.

Penitent: **Bless me, Father, for I have sinned. It has been (how long?) since my last confession. My sins are: (confess your sins). And for these, and all the sins of my life, I am truly sorry.**

Priest: (gives you spiritual counsel and assigns a penance for your sins)

Penitent: (Pray an *Act of Contrition*. For example):

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

—or—

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Priest: The priest prays the formula of absolution. At the conclusion, say, "Amen."

Priest: Go in peace.

Penitent: **Thanks be to God (do your penance as soon as possible).**

EXAMINATION OF CONSCIENCE

If guilty of serious (mortal) sin, one should go to confession right away, especially before receiving Holy Communion. A mortal sin consists in serious matter, that is known to be serious, and freely committed.

- 1. I AM THE LORD YOUR GOD, YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.** Did I fail to love God, to make God first in my life, to thank Him and to trust Him as He deserves? Did I fail to pray each day? Have I deliberately doubted or denied my faith? Have I been involved in the occult or superstitious practices? In any of my previous confessions, did I deliberately conceal sins out of shame or pride?
- 2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.** Did I curse or swear? Did I use God's name without respect, as a curse or to blaspheme? Have I used foul language or jokes?
- 3. REMEMBER TO KEEP HOLY THE SABBATH DAY.** Have I deliberately missed Mass on Sundays or Holy Days of Obligation (this is serious matter)? Did I leave Mass early without a good reason? Am I regularly late for Mass? Did I receive Holy Communion in the state of mortal sin (this is serious matter)? Did I do unnecessary work on Sunday?
- 4. HONOR YOUR FATHER AND YOUR MOTHER.** Have I obeyed my parents? Do I respect others with lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family?
- 5. YOU SHALL NOT KILL.** Did I give in to feelings of anger, jealousy, or hatred? Did I fight, give a bad example or cause scandal? Have I abused alcohol or drugs (this is serious matter)? Have I had or in any way permitted or encouraged abortion (this is serious matter)? Have I thought about suicide?
- 6. YOU SHALL NOT COMMIT ADULTERY.** (These are usually serious matters). Did I consent to impure thoughts or glances? Passionate Kisses? Sinful touches? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines or videos? Am I guilty of masturbation (impurity with self)? Fornication (premarital sex), adultery (sex with a married person) or contraception (by pills, devices, etc.)? Do I avoid laziness, gluttony, idleness and the occasions of impurity?
- 7. YOU SHALL NOT STEAL.** Have I taken what is not mine? What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests or home-work? Did I waste time at work?
- 8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.** Have I lied or gossiped? Do I always tell the truth? Did I reveal secrets that should have been kept confidential? Am I critical, negative or uncharitable in my speech?
- 9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.** Have I consented to impure thoughts? Have I encouraged them by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire other people.
- 10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.** Am I greedy? Am I jealous of others for who they are or what they have? Am I moody? Do I work, study and keep busy to counter idle thoughts? Am I critical, negative, or uncharitable in my thoughts of others? Is my heart set on earthly possessions or on the reassures of Heaven?

"God never tires of forgiving us; we are the ones who tire of seeking his mercy."

— Pope Francis, *Evangelii Gaudium: The Joy of the Gospel*



COMO CONFESARSE

Para confesarse bien, hacemos una Buena examen de conciencia, pidiendo la ayuda de Dios para saber y arrepentir de nuestros pecados.

Rito de Reconciliación

- Sacerdote:** En el nombre del Padre, del Hijo, y del Espíritu Santo.
- Penitente:** Amen.
- Penitente:** Bendígame, Padre, porque he pecado. Mi última confesión fue... (diga al Padre cuanto tiempo de su última confesión). Mis pecados son..
- Sacerdote:** (El sacerdote te aconsejara y te dará la penitencia)
- Penitente:** (Reza el *Acto de Contrición*:)
- Señor Jesucristo, Hijo de Dios, ten piedad de mi, un pecador.
- o—
- Dios mío, me arrepiento de todo corazón de todos lo malo que he hecho y de lo bueno que he dejado de hacer; porque pecando te he ofendido a ti, que eres el sumo Bien y digno de amor por encima de todas las cosas. Propongo firmemente, con tu gracia, cumplir la penitencia, no volver a pecar y evitar las ocasiones de pecado. Perdóname, Señor, por los méritos de la Pasión de nuestro Salvador Jesucristo. Amén.
- Sacerdote:** El sacerdote hace una oración de absolución. A la conclusión diga: “**Amen.**”
- Sacerdote:** Puedes ir en paz.
- Penitente:** Gracias a Dios. (Haz la penitencia cuando salga del confesionario).

Como Confesarse Bien

Antes de confesarnos realizamos un examen de conciencia . Vamos a un lugar tranquilo, preferiblemente ante el sagrario, para orar. Solo Dios puede iluminar nuestra realidad y darnos los medios para responder a la gracia. La confesión solo puede hacerse ante un sacerdote.

Examen de Conciencia:

- ¿He rechazado o abandonado mi fe? ¿Me he preocupado por conocerla mejor? ¿La he defendido, o me he avergonzado de ella? ¿Hay algún aspecto de la fe que no acepto?
- ¿He tomado el nombre de Dios en vano? ¿He hecho espiritismo o he confiado en adivinos u horóscopos? ¿He mostrado falta de respeto por las personas, lugares o cosas santas?
- ¿He faltado voluntariamente a Misa los domingos o días de precepto?
- ¿He recibido al Señor en la Sagrada Comunión teniendo algún pecado grave en mi conciencia?
- ¿Le he recibido sin agradecimiento o sin la debida reverencia?
- ¿He sido impaciente, he tenido celos o me he enfadado?
- ¿He albergado rencores o he estado poco dispuesto a perdonar?
- ¿He sido violento con otras personas verbal o físicamente?
- ¿He cooperado o alentado a alguien a abortar, destruir embriones, a la eutanasia o a otro medio para acabar con la vida humana?
- ¿He tenido odio o he hecho juicios críticos de pensamiento o de obra? ¿He menospreciado a otros?
- ¿He hablado mal de otros?
- ¿He tomado alcohol en exceso? ¿He consumido drogas?
- ¿He mirado videos o páginas web pornográficas? ¿He cometido actos impuros conmigo mismo o con otras personas? ¿Vivo con alguien como si estuviéramos casados sin estarlo?
- Si estoy casado, ¿procuró amar a mi cónyuge por encima de cualquier otra persona? ¿Pongo mi matrimonio en primer lugar? ¿Y mis hijos? ¿Tengo una actitud abierta a nuevas vidas?
- ¿Permito que mi trabajo ocupe tiempo y energías que corresponden a mi familia o amigos?
- ¿He sido soberbio o egoísta de pensamiento o de obra? ¿He desatendido a los pobres o a los necesitados? ¿He gastado dinero para mi comodidad o lujo personal olvidando mis responsabilidades hacia otros y hacia la Iglesia?
- ¿He dicho mentiras? ¿He sido honesto y diligente en mi trabajo? ¿He robado o engañado a alguien en el trabajo?
- ¿Me he dejado llevar por la pereza? ¿He preferido mi comodidad personal al servicio a los demás? ¿He desatendido mi responsabilidad de acercar a los demás a Dios con mi ejemplo y mi palabra?

PRAYER REQUESTS

PRAYER FOR THE SICK

Omnipotent and eternal God, the everlasting Salvation of those who believe, hear us on behalf of Thy sick servant, **N.**, for whom we beg the aid of Thy loving mercy, that, with his bodily health restored, he may give thanks to Thee in Thy church. Through Christ our Lord. Amen.

Gloria Arp	Adalberta Moñcibais
Enrique Barajas	Tom Nauck
Evelyn Bartos	Ann Neslony
Lillie Beserra	Roberta Noser
Robert Brengel Sr.	Tom Noser
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Mario Dipasupil	Sal Salinas
Mandy Drake	Bill Robertson
Lynn Guess	Nilda Teruel
Deacon Glenn Haller	Baldemar Torres
Edith Hartensteiner	Jenny Turner
Dolares Heitman	Sister Maria Dorothy Ugbe
Sharon Henry	Anthony Valchar
Joseph Aquinas Kim	German E. Velazco Fariad
Debbie Kutra	Teresa Villela
Julie Luna	Kathryn Weinstein
Family Mendez	Harriet Wolda
Cathy Mewis	



I believe in Thee, I hope in Thee, I love Thee,
I adore Thee, O Blessed Trinity, one God;
have mercy on me now and at the hour
of my death and save me.

-Indulgence. 300 days

PRAYER FOR THE FAITHFUL DEPARTED

Eternal rest grant unto them, O Lord, and may perpetual light shine upon them. May they rest in peace. Amen. May their souls, and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

We remember with gratitude, and pray for God's mercy upon:

Mariano Saldua Mora, Charles Lafond, Erik Thomas Garcia, Daniel Martinez Jr., Rolando Edralin, Charles B. Claire, Sebastian Maliakkal, Jerelyn Walker, Ana Luisa Gomez, Paul Veselka, Luis Baez, Humberto S. Gonzalez, Froylan Velazquez, Hertha Meyer, Felipe Guerrero, William A. Little, Jose Apolinar Mena, Eliseo Villareal, Benny Joe Rodriguez, Frances Byrd, Joseph Sanchez, John Reyes Duran Jr., Pepe Ilarde, Anthony C. Reina, Mario C. Dulyunan, Dr. Stephen Ho, Guadalupe Marquez, Patricia Ann Becerra, Shirley Westbrook, Carolina Nieto, Edward Yuseco, Evelyn Vaclavik, James Kowal, Raelyn Reyes, Pedro & Milagro Sanchez, Ygnacia Villareal, Karen McClung, Dorothy Albright, Katina M. Dimiceli, Modesta Leus, Angel Medrano, Genaro Castro, Guadalupe Zavala, Diane Zavala, Dustin Chudalla, Evangelina F. Tiangco, Thomas C. McMahon, Glenda Z. Maraldo, Dominga Aggalut, Eva Flores, Maria Mendez, Jesse E. Sanchez Sr., Eranio F. Tanafranca, Cynthia Ann Laursen, Erma Martin, Theodor Jovellanos, Carole Cleveland, Mateo Alexander Sparkman, Adoracio Vicente Fiedacan, Mary Tanner

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